

Growing & Learning at...6 Months



What Most Babies do at 6 Months:

Social-Emotional Milestones

- Knows familiar people
- Likes to look at self in a mirror
- Laughs

Language & Communication Milestones

- Takes turns making sounds with you
- Blows “raspberries” (sticks tongue out and blows)
- Makes squealing noises

Cognitive Milestones (learning, thinking, problem-solving)

- Puts things in her mouth to explore them
- Reaches to grab a toy she wants
- Closes lips to show she doesn't want more food

Movement & Physical Development Milestones

- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Leans on hands to support herself when sitting

Helping 6-month-old Babies Learn & Grow:

- ▶ Singing to 6-month-olds and playing music helps support brain development.
- ▶ When he looks at something, point to it and talk about it.
- ▶ Put her on her tummy or back and put toys just out of reach. Encourage her to roll over to reach the toys.
- ▶ At this age, a baby can learn that she can calm down. Talk softly, hold, rock, or sing to her, or let her suck on her fingers or a pacifier. You might offer a favorite toy while you hold or rock her.
- ▶ You can help 6-month-olds balance by holding him up while he sits. Let him look around while he gets used to balancing.
- ▶ Whisper, clap, or make funny noises to introduce new sounds. See if she looks toward the sound or prefers certain sounds over others.
- ▶ Simple games and interactions help babies learn cause and effect. For example, when he drops a toy on the floor, you can pick up the toy and give it back.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org.

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Topics to Discuss at 6-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is the best way to introduce some solid foods to your baby's diet?
- ▶ What are some things your baby likes to do?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



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